

Get Moving!!!

Activities in the Stuttgart Area

Whether you are looking for a new activity, or a tried and true favorite, the Stuttgart community offers a wide variety of interesting and fun activities.

Come join – get moving!!!!

To recommend additions to this info page, please contact Michelle Saylor, 6th ASG Health Promotion Coordinator, DSN: 430-4073 <mailto:saylorm@6asg.army.mil>

Volksmarch



Hiking through the nearby towns and forests is for everyone and the family pet as well. Events and info are listed weekly in the Stars and Stripes Travel each Thursday in the **Volksmarch** column. Or log on to: <http://www.ava.org/clubs/Germany> and link to Stuttgart German-American Wandering Club; or call Bob at 0711 329 05 85 or Tom 430-5517.

Aerobics



If you enjoy kickboxing, spinning, step aerobics, or toning classes – the 6th ASG Fitness Centers offer a variety of classes and times to meet your needs. Kelly: 421-2543, Panzer: 431-2724, Patch: 430-7136, or RB: 420-6317.

Martial Arts



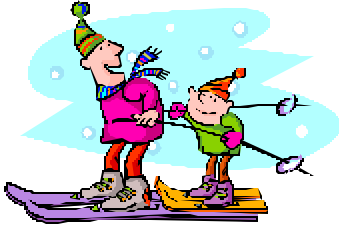
Looking for a new way to get a “kick” out of exercise? Try Martial Arts! For karate, Brazilian jiu-jitsu, or self-defense classes call Trent Russell – 0160-437-2263

Yoga



Yoga is a great way to relax, stretch and strengthen. Yoga classes are offered at the Stuttgart Wellness Center, Monday & Wednesday, 1730-1900. Call 430-4073, and at the Patch Fitness Center, Tuesday & Thursday, 0600-0700, call 430-6317.

Skiing



Both the Patch Ski Club and Stuttgart Outdoor Rec offer a variety of ski trips. From day trips to long weekends to weeklong excursions, you are sure to find a trip to meet your needs.

Stuttgart Outdoor Rec: 431-2774, Rachel Phillips

Patch Ski Club: <http://www.psc-ski.org/>

Swimming



Swimming is a great way to unwind, and a great form of exercise! Try the Sindelfingen Badezentrum, Hohenzollern Str. 20, 07031-86-02-0. Indoor pool, children's pool, Olympic-size lap lanes, diving area. Or, Boeblingen Mineraltherme, Am Hexenbuckel, 07031-22 60 28. Indoor & outdoor pools, whirlpools, aqua exercise and massage jets.

Running



There are lots of great trails to run in Germany! For competitive runs, check out this website (in German):

http://lac-degerloch.de/home/v_volkslauf.html

Or, to run with the Hash House Harriers try

<http://groups.yahoo.com/group/swh3/>

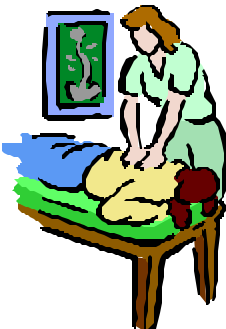
Intramural Sports



If basketball, volleyball, softball or flag-football is your thing – enter your unit or organization's team and join in the competition!

Call Desmond Thompson at 431-2724 or the Patch Fitness Center at 430-4512 for more info.

Massage



Massage is a great way to treat yourself and ease sore muscles after a hard workout or a stressful week!! You deserve it!!!!

Call Veronica at 0711 550-7190